

Several Meditation Sodality in Hikarigaoka "Sev-Medi" for spending happiness on Sunday nights



■ Back ground and purpose for the establishment of "Sev-Medi" :

We are hearing that Sunday night feels depressed even they have any strong spirit and shape. Because they are concerning about any hard working for a week from Monday. We call it "Sazae-san syndrome" or "Blue Monday syndrome". We sometimes are depressive due to be exposed to the reality of "we have to work or go to school next day again" and we sometimes are feeling of unwellness or worthlessness. People nowadays are living with a lot of stress or uncertainty about the future by working or human relationship. People hope that we want to get relief from stress, and living life fully, moving through life with total serenity as much as possible. However, what is the reality? It's just going to be busy, complex of relationships, get increasingly stressed more and more. We are exhausted and oversleep for a small holiday, and they spend much of their time for shopping no longer needs, being holiday binge and passing their time in idleness. We are thinking things can't remain as we are. And it has been a long. I actually had the day long too.

I really concerned about that when I took a Tokyo subway in a Monday morning that I didn't take any more after so long. It was so dull atmosphere in the train, I felt so bad and got off it in a moment. So I got my destination 10km on foot. The dull atmosphere roll into their office or school, it made drifting a lot of stress. I really thought something that I have to fix.

There's no time like now. So I thought I try to change for spending Sunday night. That is so simple. I thought that we can doing several activity at the greatest park in Tokyo on Sunday nights. The park is given us pleasant natural air. We can get some fresh air and positive emotion by any meditation, exercise, bonding with people and great forest. And we can get regain ourselves. Thus, I make some good feeling program for people in Hikarigaoka Park from evening to night on almost Sundays. We are walking, running, trail-run, or several activity (Basketball, Badminton, table tennis, catch-ball, swimming, stretching, Yoga and so on in the moist night park. In addition, we will be able to have a warming contact with each participants by taking plenty of time a good bath near the park, having a healthy dinner. We will be able to spend a spiritually rich time, you must be psyched the Monday morning. Please try our heartwarming program in the park on Sunday nights.

■ Operation policy :

- Liberally, Slowly, and Own distinct style!

■ Program :

*The schedule is subject to change according to conditions a weather or various reasons.

*Go on small rain

First-round:14/09/2014 **Regaining myself by the Run-Medi**

Second : 21/09/2014 **Luxuriating a flavor of the Autumn**

Third : 5/10/2014 **Spending feeling at the turn the season**

Fourth : 12/10/2014 **Walking turning up the direction of eyes**

Fifth : 19/10/2014 **Feeling inner muscle**

6-12th tentative: 26/10, 2/11, 9/11, 30/11, 14/12, 21/12, 28/12

■ Schedule :

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*Go on small rain

5:00pm to 5:30pm: Explaining the orientation and warming up (stretching or Yoga)

5:30pm to 6:30pm: Several meditating around the park (walking, running, talking, meditating or exercising) *with liberally, slowly, and own distinct style.

6:30pm to 7:00pm: Cooling down (stretching or Yoga)

7:00pm to 8:00pm: Taking plenty of time to have a bath near a Super-sento.

8:00pm to 9:30pm: Having a light dinner at the Super-sento.

9:45pm: Ending and breaking up

*The menu will be changed by any customer voice or situation.

■ Eligible person :

The class will be open to anyone if you are over a Junior high school students.

*Please do not hesitate to let us know if you have any handicap or intolerance on ahead.

■ Limit on participants: 10 persons



■ **Entry fee:** JPY1,500-/person (including tax)

*Please pay on the site.

*Please note that you have to pay it if you have any other charged menu.

- Ex) · Public gymnasium: JPY300- (6:30pm-9:30pm)
- Paid a shower room in the Park: JPY100- (until 8:00pm)
 - A warm indoor pool: JPY200/hour (until 9:00pm)
 - Bath fee of the Super-sento "Ofuro-no-osama" on Sunday: JPY780-(Adult)
<http://www.ousama2603.com/shop/hikarigaoka/index.html>
 - Dinner
 - Other session by special guest performer or speaker

■ **Meet-up area :**

First Robby at the public gymnasium in the Nerima Hikarigaoka Park

4-1-4 Hikarogaoka Nerima-Ku, Tokyo

http://hikarigaoka-sp.com/?page_id=29#p_link04

■ **Meet-up time : 5:00pm** (habits of punctuality) *Open/4:45

■ **Methods of transport :**

Train> Hikarigaoka Station on the Toei-Oedo line, on 5 minutes walk

Narimasu Station on the Tobu-Tojo line, on 25 minutes walk

Narimasu Station on the Tokyo Metro line, on 20 minutes walk

Bus> "Hikarogaoka-Koen-Kita" bus stop area by Seibu-Bus, on 3 minutes walk,

You can take the bus from Narimasu Station to "Hikarigaoka Station/ Nerima-Takanodai Station/

Minami-Tanaka-Shako" on the Tobu-Tojo line, .

Car> They have a public Parking in the Hikarigaoka Park.

*Light vehicle: JPY300/hour

■ **Material possessions :**

- Extra clothes for activity or taking a bath
- Towel
- Athletic footwear
- Rain apparel
- Writing implement
- Others

■ **Organizer :** Kanglo Corporation

Cooperation: Innovation Salon Z/ System D Collegium

09/21/2014@KANGLO